

SLEEP DEPRIVATION

QUICK QUIZ

Have you been awake for 20 hrs or more?

Have you had 6 hours of sleep or less within the past 24 hours?

Do you work the nightshift?

Do you frequently feel drowsy when you are driving?

Do you doze in the middle of an activity?

If you answered, “**Yes**” to one or more of these questions you are at high risk of becoming **SLEEP DEPRIVED**

Sleep deprivation can result in:

- 🚗 **Decreased productivity at work**
- 🚗 **Work related accidents**
- 🚗 **Daytime sleepiness**
- 🚗 **Being involved in a motor vehicle accident**



*Watch your buddy, view your group
Observe your friend, monitor your troop.
Sleep deprivation can takes its toll
Before accidents happen keep it under
control!*